

Benefits & Services

- ◆ Nutrition education
- ◆ Breastfeeding promotion
- ◆ Referrals to health, welfare, & social service programs
- ◆ Nutritious food packages designed to supplement diets



Food packages are high in one or more of the following nutrients:

Cereal, Grains	Iron, Folic Acid
Vegetables	Vitamins A and C
Juice, Fruit	Vitamin C
Milk, Cheese	Calcium, Protein Vitamin B
Beans, Peas	Iron, Protein
Eggs, Fish, Peanut Butter	Protein

Eligibility Requirements

- 👐 Infants & Children (up to age 5)
- 👐 Pregnant Women
- 👐 Breastfeeding Mothers (up to 1 year)
- 👐 Post Partum Mothers (up to 6 months)
- 👐 Must Meet Income Guidelines



To apply, make an appointment, bring proof of pregnancy, identity, residency and income to your first WIC visit.

Receive your checks the same day!

Income Guidelines

House-Hold Size	Annual Gross Income	Monthly Gross Income	Bi-Weekly Gross Income
1	21,978	1,832	846
2	29,637	2,470	1,140
3	37,296	3,108	1,435
4	44,955	3,747	1,730
5	52,614	4,385	2,024
6	60,273	5,023	2,319
7	67,951	5,663	2,614
8	75,647	6,304	2,910
Each Add'l Member Add	+7,696	+642	+296

WIC

(Women, Infants, and Children)

WIC is a Nutrition and Supplemental Food Program that safeguards the health of income eligible women, infants, and children who are at nutritional risk by providing healthy foods to supplement their diets.

**Muscogee (Creek) Nation
WIC Program
Is All About Breastfeeding!**

Our Breastfeeding Peer Counselor Program provides:

- ⇒ Breastfeeding Education
- ⇒ Breastfeeding Support
- ⇒ Breast Pumps
- ⇒ Nursing Pads

Our Breastfeeding Peer Counselor is available for information about breastfeeding and is on call 24 hours a day for breastfeeding mothers.

To reach the Breastfeeding Peer Counselor call:
1-800-648-2302 (office) or 918-693-0638 (cell)



Mvskoke

WIC Clinics

Okmulgee

Broken Arrow

Coweta

Glenpool

Eufaula

Okemah

Sapulpa

Seminole

Shawnee

Stroud

Tulsa

Wetumka

To serve you faster, please call our office for an appointment.

ALL clinics closed for lunch
12:00 p.m.-1:00 p.m.

ALL clinics are closed the last business day of each month for staff training.

**For Appointments Call:
918-549-2790 or 1-800-648-2302**



You do not have to be
Native American to
apply for WIC.

Este Omvlkv Cokv
Sukfvceces WIC Vrvkv.

This institution is an equal opportunity provider
and employer.
Revised June 2016



Healthy Foods
Hompety heraka

Cuko hvmevike Afcke hayetv
Build Happy Families



**Muscogee (Creek) Nation
WIC Program**